



## PRE-WORKOUT ROUTINE

Contrary to popular belief, your workout starts long before you begin exercising. While pre-workout routines are often overlooked, they will help you get the most out of your overall workout.

### HYDRATE:

#### *Before Exercise*

- Drink about 15-20 fluid ounces of water, 2-3 hours before exercise.
- Drink 8-10 fluid ounces 10-15 minutes before exercise.

#### *During Exercise*

- Drink 8-10 fluid ounces every 10-15 min during exercise.
- If exercising longer than 90 minutes, drink 8-10 fluid ounces of a sports drink every 15 - 30 minutes.

#### *After Exercise*

- Weigh yourself before and after exercise and replace fluid losses.
- Drink 20-24 fl oz water for every one pound lost.

### FUEL YOUR BODY:

Glucose is the preferred energy source for most types of exercise; therefore, a pre-exercise meal should include foods that are high in carbohydrates. Some good foods with a high carb content include pasta, fruits, breads, energy bars and drinks.

While fueling up is important, working out on a full stomach can be uncomfortable. To avoid discomfort, eat meals at least one hour before you hit the gym. This way your body will have time to digest the food.

### WARM UP:

Stretching before a workout will warm up your muscles and reduce your chances of injury. Tip: stretch as far as is comfortable and hold that position for 15-20 seconds.

**DON'T FORGET TO STRETCH!**